

Knock Yourself Out!

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Johnny Montana (USA)
音樂: Knock Yourself Out - Lee Roy Parnell



TOE-HEEL STRUT STEPS

Start with feet apart (2nd position). With each step forward turn head to face diagonally right for steps on the right foot and diagonally left for steps on the left foot. The hand claps should be high and forward of the body above head level)

- 1-2 Touch right toe forward, step down on right foot and clap hands
- 3-4 Touch left toe forward, step down on left foot and clap hands
- 5-6 Touch right toe forward, step down on right foot and clap hands
- 7-8 Touch left toe forward, step down on left foot and clap hands

ROCK STEPS

- 9-10-11 Cross and step right foot over in front of left, step back onto (replace) left foot, step to right side onto right foot
- 12-13-14 Cross and step left foot over in front of right, step back onto (replace) right foot, step to left side onto left foot
- 15-16 Cross and step right foot over in front of left, step back onto (replace) left foot

WEAVE RIGHT, TAP

- 17-18 Step to right side onto right foot, step to right side onto left foot crossing in front of right
- 19-20 Step to right side onto right foot, step to right side onto left foot crossing behind right
- 21-22 Step to right side onto right foot, tap left heel in home position

WEAVE LEFT, PRESENT

- 23-24 Step to left side onto left foot, step to left side onto right foot crossing behind left
- 25-26 Step to left side onto left foot, step to left side onto right foot crossing in front of left
- 27-28 Step to left side onto left foot, touch right heel at a slight diagonal forward

HEEL JACKS

- &29 Step onto right foot (feet are apart), step onto left foot next to right
- &30 Step onto right foot to right side, touch (present) left heel to left side at a slight diagonal forward
- &31 Step onto left foot (feet are apart), step onto right foot next to left
- &32 Step onto left foot to left side, touch (present) right heel to right side at a slight diagonal forward

HEEL JACKS, CROSS, UNWIND

- &33 Step onto right foot (feet are apart), step onto left foot next to right
- &34 Step on right foot to right side, touch (present) left heel to left side at a slight diagonal forward
- &35 Step on left foot back of home position, cross right foot over left distributing weight evenly to both feet
- 36-38 Pivoting on the soles of both feet make a ½ turn to left (to the left) transferring weight to left foot (take three beats to unwind)

With faster songs use the following option (counts 29 thru 38)

HEEL PRESENTS

- 29-30 Step onto right foot in home position, present left heel with toe tilted outward at a forward left diagonal
- 31-32 Step onto left foot in home position, present right heel with toe pointed outward at a forward right diagonal

HEEL PRESENT, CROSS, UNWIND

- 33-34 Step onto right foot in home position, present left heel with toe tilted outward at a forward left diagonal
- 35-36 Step onto left foot in home position, cross right foot over left
- 37-38 Pivoting on soles of both feet unwind body $\frac{1}{2}$ turn to left taking two beats to unwind

DOUBLE KICK

- 39&40 Kick right foot forward, bend knee and return foot towards body, kick right foot forward

STEP-SLIDES WITH CLAPS

Body and feet are angled slightly to left. Direction is normal LOD and not at a diagonal. Upper torso is leaning back

- 41-42 Step down LOD onto right foot, slide left foot up next to right taking weight and clap hands
- 43-44 Step down LOD onto right foot, slide left foot up next to right taking weight and clap hands
- 45-46 Step down LOD onto right foot, slide left foot up next to right taking weight and clap hands
- 47-48 Step down LOD onto right foot, slide left foot up next to right taking weight and clap hands

STEP-SLIDES WITH CLAPS

Body and feet angled slightly to right. Direction is normal LOD and not at a diagonal. Upper torso is leaning back.

- &49-50 Make a $\frac{1}{2}$ turn to left, step down LOD onto left foot, slide right foot up next to left taking weight and clap hands
- 51-52 Step down LOD onto left foot, slide right foot up next to left taking weight and clap hands
- 53-54 Step down LOD onto left foot, slide right foot up next to left taking weight and clap hands
- 55-56 Step down LOD onto left foot, slide right foot up next to left taking weight and clap hands

STEP (TURN), HOLD, STEP (TURN), HOLD

- 57-58 Make a $\frac{1}{4}$ turn right and step forward onto right foot leaning body forward, hold for one beat
- 59-60 Make a $\frac{1}{4}$ turn left and step (replace) onto left foot and straighten body, hold for one beat

STEP, HOLD, STEP (TURN), HOLD

- 61-62 Step forward onto right foot leaning body forward, hold for one beat
- 63-64 Make a $\frac{1}{4}$ turn left and step (replace) onto left foot and straighten body, hold for one beat

REPEAT
